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SOME DANGEROUS SOFT DRINKS

And now warning goes forth to "soft drinks." In too many cases they contain harmful habit-forming drugs, according to the Journal of the American Medical Association. In addition to the drinks containing dangerous chemical flavoring and coloring substances, there are so-called temperance drinks sometimes misnamed tonic drinks that are equally dangerous. The government analysis, says the Journal, has found many of these to contain caffeine. It is easy to understand why it is that after taking one of these drinks the feeling of fatigue disappears quickly. But caffeine, says the Journal, is not a desirable stimulant to serve indiscriminately to growing children or adults, especially those dwellers in cities whose nervous systems stand in no need of artificial stimulation. Not a little of the restlessness of children during the summer is to be traced to the taking of caffeine in considerable quantities at soda fountains in cold drinks of various kinds. Parents sometimes discover a distinct craving on the part of their children for a particular drink. The greater danger is in the bottled tonic and "temperance drinks." The New York City board of health has issued warnings against certain drinks that have been misbranded. The Montana board of health gives a long list of such drinks that have been misbranded and adulterated. Most of them contain saccharin instead of sugar, and in some ginger ale red pepper is substituted for ginger. But saccharin does not foah, so extract of soap bark is used for this purpose. Soap bark contains a toxic principle, sapotoxin, that is markedly poisonous. Thus danger lurks on all sides. There would be none of it, but for the artificial habits that prevail. The days that are filled with hard work and where thirst is quenched with cool water and hunger satisfied with plain, honest food, rise in contrast to the days where poisonous stimulants in soft drinks are taken every little while, where food is sauced and flavored to spur a jaded appetite. It is always in order to preach the simple life. And if ever a people needed it we do. The universal increase in wealth—which has well nigh made us a people money mad—appeals on every side for artificial stimulation, even though it be not alcoholic. And the same appeal runs through all manner of living which demands luxuries and dissipation that were not dreamed of in the last generation. An aid to better living is in the little things of daily habit. And so as the "soft drink" season comes on the warnings sounded can well be heeded.—Ogden Examiner.

COOLITTLE'S FARM LOAN BILL

In commenting upon the above bill the Mission Valley Farmer has this to say:

Congressman Coolittle of Kansas has introduced a farm loan bill in congress which provides for bureau of farm loans under control of the secretary of the treasury. A commissioner will have charge of the bureau and will have an assistant commissioner in each state to help him who will pass on the loans in his state. The rate of interest is not to exceed 3 per cent a year. Loans are to be made for a period of fifty years, payable then or at any interest paying period. The borrower has the option of paying 2 per cent additional a year on the whole loan, as payment on the principal. Loans are limited to 60 per cent of the value of the property and will be made only for the purchase of real estate to be actually occupied by the borrower as a home, or for repairs and improvements. In order to provide funds for the loans, the secretary of the treasury is to issue certificates which are to be accepted as legal tender, except in payment of imports, interest on the public debt, and debts owed by the United States to individuals and corporations.

The bill is a long step in the right direction, but as drawn has these faults: The payment of 2 per cent a year extra interest discriminates against the person paying his loan in that way. He would lose the use of the money paid out in extra interest. Why not provide that at the end of each five-year period the amount paid in extra interest be credited on the face of the loan? That is that every five years the principal be reduced one-tenth and the subsequent interest payments be calculated on the remainder of the loan. This would offer some inducement to the borrower to pay the extra interest and gradually reduce the amount of his debt.

Under this plan, at the end of the first five year period a \$5,000 loan would be reduced to \$4,000; at the end of 10 years to \$3,000; at the end of 15 years to \$2,500. The interest payments would drop from \$250 a year for the first five years to \$235 for the second period; \$220 for the third; \$205 for the fourth; \$190 for the fifth; \$175 for the sixth; \$160 for the seventh; \$145 for the eighth; \$130 for the ninth; and \$115 per annum for the tenth period, when the loan would be extinguished.

On a \$1,000 loan the interest would be \$50 a year for the first five year period; \$45 for the

second and so on till during the last five years of the life of the loan the interest payments would amount to only \$5 a year.

Then why have an assistant state loan commissioner? Let the assessed valuation of the property be made the basis of the loan and the county board in each state O. K. it for the loan commissioner at Washington. Cut out all unnecessary redtape. The bill in its present form would fail of its purpose.

All of which commendatory and to the point. The federal government cannot do to much in the interest of colonization and the farmer. The farmer is the backbone of our civilization and when the farms fail the nation will fail. In the interest of the homebuilder the government early established the homestead law, and has since revised and modified it to meet conditions, and now it is in order to improve means whereby loans at a reasonably small rate of interest can be procured. Let the good work go on.

NOT ALL LINCOLNS

We see in our day many would-be Lincolns. In his day, however, there was but one; and we do not imagine that his like is to appear numerous in any age, or indeed ever to appear again in one individual. We all remember how Colonel Roosevelt last year was deeply anxious to impress upon the country that he was a second Lincoln. But no characters could possibly be more unlike than the character of Roosevelt and that of Lincoln. Roosevelt, impulsive, clamorous, insistent, and aggressive. Lincoln calm, quiet, contemplative, and pushed upon rather than pushing. Lincoln was dilatory, liking to procrastinate large questions until the country was fully ripe for the proper action; Roosevelt prompt, instant in action and prone to sudden stroke to astonish the country, rather than to calm and patient waiting for the country to grow up to acquiescence in what ought to be done. The characters of Lincoln and of Roosevelt are a contrast rather than a harmony.

Other individuals from time to time who wish to trade upon the great name of Lincoln, have announced themselves as Lincolnian for purposes of their own. The latest pretension of this kind has been put forward in behalf of President Wilson. But again the comparison altogether fails, so far as we have any data to go upon. President Wilson during the brief period in which he has been President has exhibited qualities the reverse of those of President Lincoln. He has been active, dominant in the shaping of tariff legislation; whereas President Lincoln on the same proposition stated: "My political education strongly inclines me against a free use of any of the means by the executive to control the legislation of the country. As a rule, I think it better that congress should originate as well as perfect its measures without external bias."

No more direct contrast could possibly be presented than that between the attitude of President Wilson and that of President Lincoln with respect to interfering with congress in its tariff legislation.

Again, President Wilson is elected upon a tariff platform which pronounces protection to American industries to be unconstitutional. And yet President Lincoln, who was a pretty good constitutional lawyer himself, far better than any one can contend that President Wilson is, held directly to the contrary, saying: "That while providing revenue for the support of the government by duties upon imports, sound policy requires such an adjustment of these duties as will encourage the development of the industrial interests of the country."

And so we shall have to abandon all hopes of getting a second Lincoln in the person of President Wilson, just as we had to abandon the same idea in respect to the personality of Colonel Roosevelt. —Salt Lake Telegram.

THE OLD FLAG

Let it quietly wave o'er the breasts of the brave
Where they sleep in the mountain or dell,
Or high on the staff let it dimple and laugh
In the breasts that love it so well.
O banner of light, with your crimson and white,
With your field of the heaven's own blue
And your glorious stars, brighter made by the scars
That our heroes have suffered for you.

Float ever, droop never, forever, old flag!
Though the armed world assail you, what coward
would lag
To rise in defense of our beautiful flag?

By a thousand camp fires have the vows of our sires
Ever been that the flag should still reign
And they battled and bled till the rivers ran red,
But the flag floated free from all stain.
Let us keep it unfurled to enlighten the world,
Right's emblem, as ages go by.
Ever glad to the sight is that banner so bright
As it ripples in glory on high.

Float ever, droop never, forever old flag!
Though the armed world assail you, what coward
would lag
To rise in defense of our beautiful flag?
For our fathers have taught
That our lives are as naught
When compared with your safety, O glorious flag!
—National Magazine.

Taxes may be high but when they are spent
For good school houses, concrete culverts and good
roads the money is well invested. If the people get
value received for their tax money higher taxes
could meet with less objection.

You can't carry out any needed reform without
stepping on somebody's toes. For instance, if we
should kill off all the flies at one fell swoop, think
of the howl that would go up from the manufacturers
of fly paper.

Any man who makes his boy work in the field
on the Fourth of July doesn't deserve to have a
boy.

Interurban to
Be Extended

Interurban Talk—The Hyrum people have been assured by the management of the Logan Rapid Transit company that the interurban will be extended to the city on the south before the first of October of the present year. It is said that this additional service can be made without incurring the expense of additional cars. The Smithfield and Providence car can make the round trip giving a two hour service. An engineering party is busy now settling stakes for permanent line and grade and active construction work will begin soon for the extension from the Providence terminus to the south, taking in the thriving towns of Millville and Hyrum.

PENNSYLVANIA SMASHES
COKE RECORD

Output in 1912 Was Over 27,000,000
Tons; More Than That of all
Other States Combined

Pennsylvania stands preeminent among the states in the production of coal and in the manufacture of coke. The quantity of coke produced in the state in 1912 was 27,372,018 short tons valued at \$56,054,478, against 21,923,935 tons, valued at \$43,053,367 in 1911 according to Edward W. Parker of the United States Geological Survey. The increase in 1912 compared with 1911, was 5,448,083 short tons, or 24.85 per cent in quantity, and \$13,001,111 or 30.2 per cent in value. The quantity of coke made in 1912 was the largest on record, exceeding the previous maximum of 26,513,214 tons in 1907 by 858,804 short tons, but falling behind the earlier year in value by \$11,583,546.

As a producer of coke Pennsylvania is relatively of greater importance than as a producer of coal, for whereas, including the production of anthracite, Pennsylvania contributes less than half the entire output of coal in United States, nearly two-thirds the total production of coke is made within that state. Pennsylvania has, however, not progressed as fast as some other states in the matter of conserving the by products of coke making. All but a very small quantity of the state's coke is made in beehive ovens or in rectangular ovens in which the process is one of partial combustion, as in the beehive ovens, and without recovery of by products or utilization of the heat generated in the coking process.

"I suffered habitually from constipation. Doan's Regulets relieved and strengthened the bowels, so that they have been regular ever since."—A. E. Davis, grocer, Sulphur Springs, Texas.—Advertisement.

Learning by Love Letter.

"Love letters between young men and women are an excellent method of teaching literature," says Dr. Arthur Holmes. But it must be done tactfully. We have known a young lady who broke off an engagement because her fiancé returned her love letters with the spelling errors neatly corrected in red ink.

Importance of Health.

There is no more important contributor to happiness than health. And strange as it may seem women are very careless in this regard—thoughtful of everybody but themselves. The great majority of women have no routine. Their lives are a succession of variations which keep the nerves in a constant flutter. They will stick to the house for days and then rush around like mad things for other days. Once a woman gets started going nothing short of a collapse can stop her. She will average four hours of sleep for a couple of weeks and then stay in bed for several days.

Ideas in Heating.

A church is successfully heated in Nuremberg by a large number of small units. A long tube heater is placed near the floor in front of the seat and along the back of the following pew, which acts as a foot warmer. The electric heating tube is a three-inch iron pipe which contains a smaller tube wound with resistance wire. At each pew is a switch for cutting out the heater, and all the separate wires from the heaters run to connection boxes placed at different points under the floor. A perforated iron foot rest runs along above each heater. The church has a seating capacity of 1,200 and the length of pews is 1,750 feet in all.

CANADA EXCURSION

August 5th

Via Oregon Short line. Very low rates to Lethbridge, Stirling, Raymond, Magrath and Cardston, with limit of September 20. Tickets will be sold for train No. 3 leaving Salt Lake 1:45 p. m. August 5, or for trains connecting therewith. See O. S. L. agents east of Shoshone and Buhl and west of Montpelier inclusive for rates and further particulars.—Advertisement.



Photo by American Press Association.

In this picture is illustrated that "one tremendous chapter" in two lives. It shows Attorney Burton W. Gibson and his devoted wife in the little Orange County courthouse at Newburg, N. Y., listening to testimony in Gibson's trial for the murder of Mrs. Rose Menschik Szabo, who was his client. How vitally Mrs. Gibson was interested in the testimony may be judged from the fact that from the time her husband was first accused of strangling Mrs. Szabo and throwing the body into Greenwood lake last July in order to get her \$10,000 estate she was his firmest supporter and the most energetic seeker after evidence in his defense. These snapshots, showing Mr. and Mrs. Gibson in characteristic courtroom attitudes, were made about the time testimony unfavorable to Gibson was being heard.

Difference in Colts

There is a great deal of difference between a colt well taken care of and one that hustles for himself. A thoroughbred colt will hardly know himself when the feed is cut off and he is turned upon a pasture to make his own living.

Mysterious Stranger in Town.

"Something mighty queer about a feller that was here last week," related the landlord of the Turgtown tavern. "He never kicked about his room, ett with apparent relief what was set before him, didn't try to flirt with the waitresses, and when I asked him if he was looking for land or seeking health or canvassing for something he politely replied that he wasn't. He went to bed and got up at reasonable hours, walked sedately about town, bought 10-cent cigars as if he was used to 'em, answered civilly the remarks of practically every prominent citizen in town about the weather. He stayed three days, and then paid his bill without grumbling, bade me a courteous good-by and went away with as little flutter as he had come. And on account of the consistent manner in which he minded his own business and let other people's affairs alone there has been a good deal of speculation about him ever since, the consensus of opinion being that he was either a famous detective, some kind of a slick swindler or a crazy man."

WILL RELIEVE COMMON ILLS

Simple Home Remedies That May Be Means of Preventing Serious Attack of Sickness.

There is a happy medium between suffering in silence and haunting a doctor's office. The drug habit is not admirable, but equally foolish is to let illness become illness.

Here are a few simple home remedies, harmless, generally effective and inexpensive.

A bad cold can often be broken if a teaspoonful of powdered ginger in a cup of hot milk is taken at the first symptom.

Another quick cure is a half teaspoonful each of bicarbonate of soda and aromatic spirits of ammonia taken in a half cupful of hot water as soon as you feel the cold.

A bad headache can often be cured by drinking a half glass of cold water in which has been squeezed the juice of half a lemon and a half teaspoonful of soda.

Bruises and cuts can have no better treatment than to apply turpentine immediately. It will sting, but it will cure. Cloths wrung from turpentine and hot water can be frequently applied. For a cold in the chest rubbing with turpentine and lard is excellent.

For a burn there is nothing better than carom oil, which is nothing more than equal parts of linseed oil and lime water.

To prevent infection in a cut peroxide should be applied at once. Equally good is pure alcohol.—Boston Globe

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Recruits

Jigson—Hear you have had an addition to your family.
Nugson—Yes, two.
Jigson—Twins?
Nugson—No, a baby boy and my wife's mother. Tit-Bits.

A Contortionist

"What is your notion of an ideal statesman?"
"An ideal statesman, in my opinion," replied Senator Sorghum, "is a man who knows how to keep his ear to the ground without lying down on his job."

Returning Straw

Returning the straw to the soil is the idea. The best way is through the barnyard.

Barbed wire cuts, ragged wounds, collar and harness galls heal up quickly when Ballard's Snow Liniment is applied. It is both healing and antiseptic. Price 25c, 50c and \$1 per bottle. Sold by Riter Bros Drug Co.—Advertisement.

MUST CLOSE UP AN ESTATE

To close up an estate—must sell at once: 320 acres of improved land in Blue Creek, 230 acres now growing a fine crop of wheat, the balance summer fallowed. A splendid opportunity for the right man. Long terms for payment. Address, P. O. box 315, Logan, Utah.

HOTEL APARTMENTS

For rent—3 two room apartments, Logan Hotel; board and room 75c a day; beds 25c to \$1. Mrs. H. Steadman, proprietor.

FOOT NOTES

Men find joy walking in Walk-Over Shoes.

Star Clothing Store

133 N. Main St.